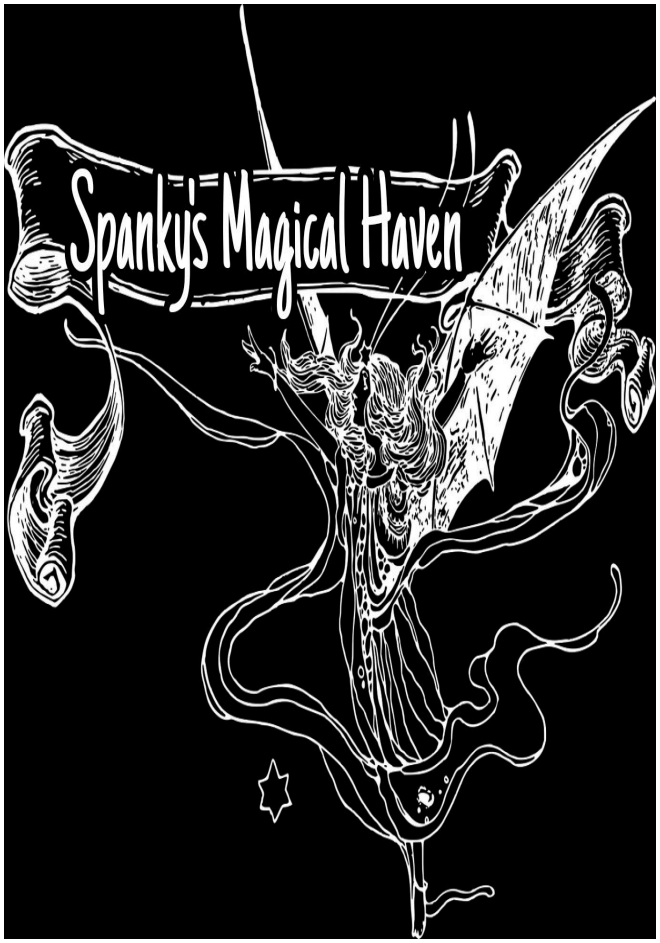


Spanky's Magical Haven Newsletter

Published by The Cup, Cat & Cauldron

Interior format Copyright 2025 to The Triple C and Greenlee Robertsdottir (Andrea Dean Van Scoyoc)

Other Copyright Information:

All information contained herein, copyright to their respective owners with full credit where applicable. No copyright infringement intended and any information used from outside sources is for educational purposes only.

Submissions/Questions to

murgaine@gmail.com

A monthly newsletter dedicated to the Gypsies, Nomads, Witches and practitioners of The Old Ways…who still believe…

A bit from Spanky…

Hi and welcome to the January issue of my newsletter.

I'm so glad you're here and hope you enjoy the bits, baubles and beans contained within these pages.

In each issue you might find recipes, DIY crafts, spells, herbal knowledge, stories, fables, superstitions, photos, art and so much more!

Each issue will vary, so you'll never be bored.

At least I hope not.

Let me tell you a little about me and why my mommy thinks I'm worthy of my own newsletter …

It all started about six years ago when, one night, a neighbor showed up to another neighbor's door with a screaming tiny nugget…

Me.

My fur mommy had abandoned me under some cardboard and leaves and I screamed my tiny lungs out for three days until someone heard me and took me to that neighbor (who is a Wise Woman) who became my hooman servant/mommy.

Eyes barely open, ears folded down, my new mommy nursed me day and night until I grew bigger.

According to her, I was unique from the off.

As I grew older I became a major ham. I'm rather unique looking with my Elven shaped eyes, so I use them to my advantage.

I love everyone and everyone loves me and I bask in all the attention I get.

My mommy's bestie keeps trying to put me in her purse.

I'm so happy to be a spoiled little "Hobbit" (as mommy calls me) and hope you enjoy my newsletter.

So…here we go!

Spanky

(As dictated to Mommy Servant)

Home and Hearth …

The Easiest Rose Water Recipe…EVER!

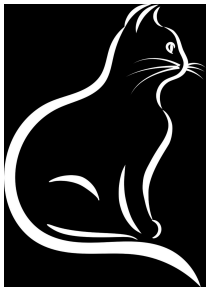
You'll need:

2 hands full of highly scented rose petals

2 Cups boiling water

Size appropriate pan (enamelware works great!)

Wooden spoon



Pour boiling water (**Be careful! Scald risk**!) into pan

Add rose petals

Stir with wooden spoon until all petals are wet

Cover and let steep for no less than an hour.

Strain into glass bottles and enjoy!

Editor's Note/Caveat:

This rosewater is 100% organic…as organic as it gets, so it WILL NOT KEEP LIKE STORE BOUGHT BRANDS! Use within **TWO** days!

Recipes…

Easy Lembas Bread Recipe

(Courtesy of **kbyyru** from **Reddit** and all due credit to them…but I've added a few tweaks)

You'll need:

2 ½ Cups of flour
1 Tablespoon of baking powder
1/4 Teaspoon of salt
½ Cup of butter
1/3 Cup of brown sugar
1 Teaspoon of cinnamon
½ Teaspoon honey
2/3 Cup of heavy whipping cream
½ Teaspoon of vanilla

Directions: Preheat oven to 425 F.

Mix the flour, baking powder and salt into a large bowl.

Add the butter and mix well with a wooden spoon till fine granules appear.
Note: Easiest way is with an electric mixer if you're pressed for time or want to cheat a little.

Then add the sugar and cinnamon, and mix in thoroughly.

Finally add the cream, honey, and vanilla and stir them in with a wooden fork until a nice, thick dough forms.

Roll the dough out about 1/2 in thickness.

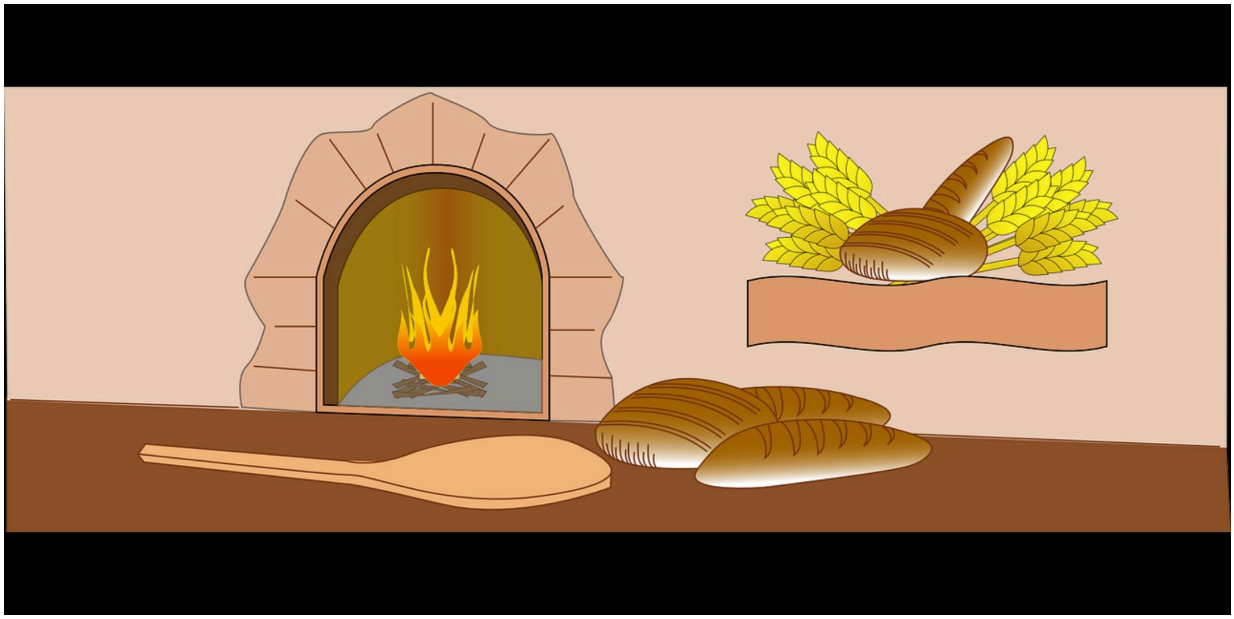
Cut out 3-inch squares and transfer the dough to a cookie sheet.

Criss-cross each square from corner-to-corner with a knife, lightly (not cutting through the dough). Bake for about 12 minutes or more (depending on the thickness of the bread) until it is set and lightly golden.

Let cool completely before eating.

This bread tastes better at room temperature and dry.

For more flavor, add more cinnamon or other spices.



Lore…

The Dullahan

(Courtesy of Wikipedia. Find more extensive information on this creature of ancient lore at:)

https://www.irelandseye.com/paddy3/preview.htm

The Dullahan (Irish: Dubhlachan; dúlachán, /ˈduːləˌhaːn/) is a type of legendary creature in Irish folklore. He is depicted as a headless rider on a black horse, or as a coachman, who carries his own head. As it is not widely attested in native sources, including no references to it on the Irish Folklore Commission's website, there is doubt as to whether the Dullahan was originally a part of the Irish oral tradition.

He is depicted as a Headless Horseman stereotypically on a black horse, and he is either a headless body without a head or he carries his own head in his hand or under his arm.

The Dullahan appears as a mounted horseman or a coachman driving a horse-drawn carriage out of graveyards.
The rumour of a Dullahan's appearance often develops near a graveyard or a charnel vault where a wicked aristocrat is reputed to be buried.

He arrives, driving the Death Coach, at the doorstep of a person whose death is approaching.

The appearance of the "Headless Coach" foreshadows imminent death or misfortune.

In the town of Doneraile, it was said that the coach would visit the houses in succession, and whichever occupant dared to open the door would be splashed with a basin of blood by the coachman.

A modern commentator stated that the Dullahan has the ability to see with the severed head and can "use it to scan the countryside for mortals about to die".

The Dullahan allegedly uses a human spine as a whip according to a number of modern-day (21st century) commentators.

Herbal Remedies…

BlackJack (Bidens Pilosa)

This wonderfully extensive information courtesy of https://www.webmd.com/a-to-z-guides/what-to-know-about-blackjack-bidens-pilosa

Not all information is contained here. Please visit the link above for the full report.

Editor's Note: Blackjack is a very common plant, considered an invasive weed by most gardeners, but it is in weeds that, often, cures are found. Blackjack (Bidens Pilosa) is one of those. No herbal/medicinal garden should be without this plant. I personally can attest to its ability to stop bleeding and the fact that it will seal minor cuts overnight.

Blackjack is loaded with both Zinc and Vitamin C.

Antifungal use

Bidens pilosa has been used in traditional medicine to treat bacterial infections. Scientists say that the essential oils of the plant have more anti-fungal activity than the extracts.

Healing wounds

In countries such as Venezuela, Brazil, and Cameroon, the blackjack plant has been traditionally used to treat wounds. Early research found that applying blackjack plant extract may help close wounds faster.

Antibacterial activity

Blackjack plant extract and its compounds may have antibacterial uses. One study found that essential oils of blackjack flowers and leaves had moderate levels of antibacterial activities. Another study found that a compound in the blackjack plant was highly effective against several bacteria, such as the drug-resistant bacteria Methicillin-resistant Staphylococcus aureus (MRSA).

Skincare

Bidens pilosa extract may have benefits for your skin. An early lab-based study found that some of the components of Bidens pilosa, such as phytanic acid, may have effects on your skin that are similar to retinoids. Topical retinoids that are currently used to treat skin problems may cause side effects such as dryness, burning, and photosensitivity.

The study found that Bidens pilosa may help to maintain the elastin and collagen fibers in your skin. This means it has the potential to be an ingredient in skin-repair and anti-aging skincare products.

The Importance of Our Trees

By: Rev. Patricia Hutchings

I was sent a beautiful picture of an old tree all knobbed and marked from Hawaii where I once lived.

The southern part of the island went through a total drought and I watched the trees across the mountain's lower plains shrivel and die.

It was heartbreaking.

On my way to work was a big, beautiful tree; it called out to me for help. I stopped my car and went to it, feeling its stress.
It was then that I decided to "feed" it several gallons of water every day.

I did so, twice a day, even though the heat was all but completely unbearable.

I also left a sign saying, "Save this tree…water it."
I also left my phone number.

The media somehow was alerted to my task and I was interviewed ; their questions being along the lines of, "Why bother? It will die like the rest."
I said "No it won't! We all must play a part to save our trees and environment. Our house is not our home… it's what's outside that is truly where and how we live. It's the clean air the trees give, providing us and everything, life. They clean our air and help provide **us** with water to drink.
How do you think deserts are created? Through the loss of habitat because people do nothing."

It's so different today. Be aware of what's going on. Being on your cell phone won't save you.

Our environment will.

Do all you can to help preserve it.

Free Coloring Pages!

I'll have a couple of these in each issue for you.

Simply print out and especially…ENJOY!

Our Sponsors:

https://linktr.ee/TheCupCatCauldron

THE FUNK

https://www.whatsthefunk.com/

See you in February!